

PHYSICAL DEMANDS ANALYSIS WORKSHEET For use of this form, AR 611-1; the proponent agency is DCSPER					PAGE OF PAGES			
MOS		CMF			DATE COMPLETED (YYMMDD)			
SECTION I - DUTIES								
SECTION II - TASK SUMMARY								
SECTION III - CRITICAL TASK ELEMENT					SECTION IV - CRITICAL PERFORMANCE MEASURE			
SECTION V - ANALYSIS								
FACTOR <i>a</i>	WEIGHT/ LOAD <i>b</i>	HORIZ- DISTANCE <i>c</i>	VERTICAL DISTANCE <i>d</i>	WORK RATE/PERFORMANCE STANDARD <i>e</i>	MOS FREQ <i>f</i>			
					NP	O	F	C
1. LIFT/LOWER								
2. CARRY								
3. PUSH								
4. PULL								
5. LOAD BEAR								
6 WALK/MARCH								
7. CLIMB/DESCEND								
8. RUN/RUSH								
9 SWIM/DIVE								
10. DIG								
11 CRAWL								
12. THROW								

FACTOR <i>a</i>	WEIGHT/ LOAD <i>b</i>	HORIZ- DISTANCE <i>c</i>	VERTICAL DISTANCE <i>d</i>	WORK RATE/PERFORMANCE STANDARD <i>e</i>	MOS FREQ <i>f</i>			
					NP	O	F	C
13. HANDLE								
14 FINGER								
15 HAMMER/POUND								
16. SIT								
17 RECLINE								
18 REACH								
19. STAND								
20. STOOP								
21 KNEEL								
22. CROUCH								

SECTION VI - EXPLANATION/COMMENT - PHYSICAL DEMAND FACTORS

SECTION VII- (PHYSICAL DEMANDS RATING) FOR USE BY APPROVING AUTHORITY

☐ LIGHT
 ☐ MEDIUM
 ☐ MOD. HEAVY
 ☐ HEAVY
 ☐ VERY HEAVY

EXPLANATION AND SPECIFIC INSTRUCTIONS FOR COMPLETION OF WORKSHEET ARE CONTAINED IN WOMEN IN THE ARMY POLICY REVIEW, ODCSPER, DA 12 NOV 82.